



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 36002, APPLEBEE'S, french fries

Report Date: July 04, 2017 17:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	41.29	6	1.394	36.3	44.52	5.0	37.706	44.874	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	290	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1213	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein <sup>1</sup>	g	3.31	6	0.095	3.06	3.62	5.0	3.067	3.557	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) <sup>1</sup>	g	13.17	6	0.347	12.31	14.43	5.0	12.282	14.064	1	Analytical or derived from analytical	--	03/2013
Ash <sup>1</sup>	g	2.72	6	0.078	2.45	2.98	5.0	2.522	2.922	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	39.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary <sup>1</sup>	g	3.9	3	0.340	3.4	4.6	2.0	2.449	5.378	1	Analytical or derived from analytical	--	03/2013
Sugars, total <sup>1</sup>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

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Sucrose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Fructose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Starch <a href="#">1</a>	g	35.47	3	0.433	34.6	35.9	2.0	33.602	37.331	1	Analytical or derived from analytical	--	03/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	19	6	1.035	16	23	5.0	16.538	21.862	1	Analytical or derived from analytical	--	03/2013
Iron, Fe <a href="#">1</a>	mg	1.01	6	0.053	0.89	1.22	5.0	0.878	1.149	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg <a href="#">1</a>	mg	29	6	0.868	27	32	5.0	26.836	31.297	1	Analytical or derived from analytical	--	03/2013

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Phosphorus, P <a href="#">1</a>	mg	137	6	3.225	130	148	5.0	128.71	145.29	1	Analytical or derived from analytical	--	03/2013
Potassium, K <a href="#">1</a>	mg	538	6	21.553	466	603	5.0	482.596	593.404	1	Analytical or derived from analytical	--	03/2013
Sodium, Na <a href="#">1</a>	mg	618	6	16.611	558	674	5.0	575.299	660.701	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn <a href="#">1</a>	mg	0.49	6	0.018	0.42	0.54	5.0	0.445	0.537	1	Analytical or derived from analytical	--	04/2009
Copper, Cu <a href="#">1</a>	mg	0.109	6	0.005	0.09	0.13	5.0	0.096	0.122	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn <a href="#">1</a>	mg	0.268	6	0.009	0.24	0.3	5.0	0.246	0.291	1	Analytical or derived from analytical	--	03/2013
Selenium, Se <a href="#">2</a>	µg	0.4	6	0.000	0.4	0.4	--	--	--	1	Analytical or derived from analytical	--	04/2009
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.7	3	0.000	0.7	0.7	--	--	--	1	Analytical or derived from analytical	--	03/2013
Thiamin <a href="#">1</a>	mg	0.103	3	0.003	0.1	0.11	2.0	0.089	0.117	1	Analytical or derived from analytical	--	03/2013
Riboflavin <a href="#">1</a>	mg	0.058	3	0.000	0.06	0.06	2.0	0.057	0.06	1	Analytical or derived from analytical	--	03/2013

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Niacin <a href="#">1</a>	mg	2.180	3	0.189	1.88	2.53	2.0	1.365	2.994	1	Analytical or derived from analytical	--	03/2013
Pantothenic acid <a href="#">1</a>	mg	0.495	2	--	0.48	0.51	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 <a href="#">1</a>	mg	0.205	3	0.009	0.2	0.22	2.0	0.166	0.244	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.93	3	0.036	0.89	1	2.0	0.775	1.089	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta <a href="#">1</a>	mg	0.11	3	0.004	0.1	0.12	2.0	0.092	0.129	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma <a href="#">1</a>	mg	5.53	3	0.304	5.03	6.08	2.0	4.216	6.835	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta <a href="#">1</a>	mg	2.23	3	0.103	2.02	2.33	2.0	1.781	2.67	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) <sup>1</sup>	µg	33.4	3	1.877	30.3	36.8	2.0	25.374	41.526	1	Analytical or derived from analytical	--	03/2013
<b>Lipids</b>													
Fatty acids, total saturated	g	2.333	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
8:0 <sup>1</sup>	g	0.005	3	0.001	0	0.01	2.0	0.002	0.008	1	Analytical or derived from analytical	--	04/2009
10:0 <sup>1</sup>	g	0.005	3	0.002	0	0.01	2.0	-0.002	0.012	1	Analytical or derived from analytical	--	03/2013
12:0 <sup>1</sup>	g	0.004	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	03/2013
14:0 <sup>1</sup>	g	0.021	3	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	03/2013
15:0 <sup>1</sup>	g	0.004	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	04/2009
16:0 <sup>1</sup>	g	1.507	3	0.078	1.35	1.6	2.0	1.173	1.841	1	Analytical or derived from analytical	--	03/2013

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17:0 <a href="#">1</a>	g	0.013	3	0.001	0.01	0.01	2.0	0.009	0.017	1	Analytical or derived from analytical	--	03/2013
18:0 <a href="#">1</a>	g	0.676	3	0.031	0.61	0.71	2.0	0.543	0.808	1	Analytical or derived from analytical	--	03/2013
20:0 <a href="#">1</a>	g	0.045	3	0.001	0.04	0.05	2.0	0.04	0.05	1	Analytical or derived from analytical	--	03/2013
22:0 <a href="#">1</a>	g	0.037	3	0.001	0.04	0.04	2.0	0.034	0.04	1	Analytical or derived from analytical	--	03/2013
24:0 <a href="#">1</a>	g	0.015	3	0.000	0.01	0.02	2.0	0.014	0.017	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	3.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:1 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
15:1 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
16:1 undifferentiated <a href="#">1</a>	g	0.020	3	0.002	0.02	0.02	2.0	0.012	0.028	1	Analytical or derived from analytical	--	03/2013
16:1 c <a href="#">1</a>	g	0.020	3	0.002	0.02	0.02	2.0	0.012	0.028	1	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
17:1 <sup>1</sup>	g	0.007	3	0.000	0.01	0.01	2.0	0.005	0.008	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated <sup>1</sup>	g	3.213	3	0.142	2.93	3.39	2.0	2.6	3.826	1	Analytical or derived from analytical	--	03/2013
18:1 c <sup>1</sup>	g	3.187	3	0.150	2.89	3.38	2.0	2.542	3.833	1	Analytical or derived from analytical	--	03/2013
18:1 t <sup>1</sup>	g	0.026	3	0.008	0.01	0.04	2.0	-0.008	0.059	1	Analytical or derived from analytical	--	03/2013
20:1 <sup>1</sup>	g	0.068	3	0.009	0.05	0.08	2.0	0.029	0.106	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated <sup>1</sup>	g	0.002	3	0.001	0	0	2.0	-0.002	0.006	1	Analytical or derived from analytical	--	03/2013
22:1 c <sup>1</sup>	g	0.002	3	0.001	0	0	2.0	-0.002	0.006	1	Analytical or derived from analytical	--	03/2013
22:1 t <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
24:1 c <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	5.802	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated <sup>1</sup>	g	5.018	3	0.102	4.82	5.16	2.0	4.579	5.456	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c <sup>1</sup>	g	4.949	3	0.106	4.75	5.11	2.0	4.492	5.407	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs <sup>1</sup>	g	0.011	3	0.003	0.01	0.02	2.0	-0.004	0.026	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined <sup>1</sup>	g	0.057	3	0.008	0.04	0.07	2.0	0.022	0.093	1	Analytical or derived from analytical	--	04/2009
18:3 undifferentiated <sup>1</sup>	g	0.771	3	0.036	0.71	0.83	2.0	0.617	0.925	1	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.728	3	0.039	0.66	0.8	2.0	0.559	0.897	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c <sup>1</sup>	g	0.043	3	0.005	0.03	0.05	2.0	0.023	0.064	1	Analytical or derived from analytical	--	03/2013
18:3i <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.005	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated <sup>1</sup>	g	0.006	3	0.001	0.01	0.01	2.0	0.003	0.009	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	03/2013
22:4 <sup>1</sup>	g	0.002	3	0.002	0	0.01	2.0	-0.005	0.009	1	Analytical or derived from analytical	--	04/2009
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Fatty acids, total trans	g	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol <sup>2</sup>	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

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Stigmasterol <sup>2</sup>	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Campesterol <sup>2</sup>	mg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Beta-sitosterol <sup>2</sup>	mg	27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008 Beltsville MD